

March 1 - May 24, 2019

## Essentrics

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for people of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

Taught by Diane Jacobowitz

\$13 Drop In

Register [here](#)

Dancewave  
45 4th Avenue  
Brooklyn, NY, 11217  
7185224696

Schedule  
March 1, 2019: 9:00am  
March 8, 2019: 9:00am  
March 15, 2019: 9:00am  
March 22, 2019: 9:00am  
March 29, 2019: 9:00am  
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